



Yarmouk University
**Faculty of
Physical Education
and Sport Sciences**

Exercise Physiology Lab

The person in charge: Dr. Ramzi A. Al-Hourani

Laboratory Overview:

Focuses on research related to physical exertion and athletic performance from a physiological perspective, examining its impact and the relationship between them (how physical exertion and sports activity affect physiological functions).



Devices:

1. Resistance training devices for major muscle groups, capable of measuring maximum muscle strength, muscular endurance, muscle fatigue, and microscopic damage.
2. Treadmills with multiple uses depending on the type of test, such as incremental testing or maximum effort testing.
3. Ergometer device, a stationary bike used to measure power output.
4. Centrifuge for separating blood components.
5. pH meter for measuring acidity of fluids and solutions.
6. Handheld meter for measuring lactate and glucose levels in blood.
7. Electrophoresis system for protein separation in tissue samples.
8. Polar belt watch for measuring heart rate.
9. Skin calipers devices for Anthropometric measurement.
10. Quo-lab device for measuring of HbA1C.
11. Homogenizer for tissue grinding.
12. Orbital Rocker for sample homogenization.
13. High precision balance



Treadmill



Ergometer



Homogenizer



Polar belt watch



A handheld meter for measuring lactate and glucose in the blood.



Skin caliper



A1c- Quo-lab



Ph meter



High precision balance



Optical rocker



Shaker



Blood pressure meter



Electrophoresis system



Resistance training devices